

APPA NEWS

The Atlanta Post-Polio Association

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WHO - SOUTH-EAST ASIA REGION DECLARED POLIO-FREE

Home to 1.8 billion people



Children and elderly women watch community health worker Daw San Yee (right) vaccinate a child against polio in Kan Thar Yone Village in the western state of Chin in Myanmar. UNICEF

WHO South-East Asia Region, home to a quarter of the world's population, was certified polio-free today by an independent commission, a historic milestone in the worldwide effort to end polio and realize the broad benefits eradication will bring. The 11 countries in the region – Bangladesh, Bhutan, Democratic People's Republic of Korea, India, Indonesia, Maldives, Myanmar, Nepal, Sri Lanka, Thailand and Timor-Leste – are home to 1.8 billion people and represent the fourth of six WHO regions of the globe to be officially certified polio-free.

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WEBSITE ADDRESS: www.atlantapostpolio.com

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**2014 APPA Dues Were Due
January 1st**

Web hyperlinks are underlined and in red www.atlantapostpolio.com



Message From the President

Seems like a lot has been happening in my life lately. Things at APPA are always happening, like the new meeting space we are using at Shepherd Center. After some back and forth with Shepherd about problems using the auditorium and being bumped at the last minute, we've settled into a nice conference room on the third floor in the Shepherd building. After trying few meetings in the Shepherd Cafeteria, various classrooms and so-forth I was beginning to feel slightly nomadic. The conference room is a little small for us when we have a large group, but seems like it will be more stable and works for us so far. At this point in my life, I like things to be more or less stable. Yeah, so much for what I want. Life has a way of telling you how things will be, not the other way around.

Speaking of life changes, I've had to deal with two significant kinds of changes lately. As I've grown older I've had to deal more and more with the loss of life experience. I know everyone does too at one time or another but it seems to come in waves. The first wave was during my college years when I had to deal with the loss of friends and classmates to the war in Vietnam. It didn't seem fair then and still doesn't to this day. To say I carry a little resentment would be putting it mildly. To this day, I will not buy products produced in Vietnam. I won't buy seafood produced there either although that's for two reasons, I won't go into the second reason here. I've found the only way to get any better at handling the pain of death is by experiencing it. I used to drink my way through the whole thing and that seemed to work. I remember going to my grandmother-in-law's Italian funeral which, in those days, meant at least a long day or two of eating and drinking. A way of celebrating the life of the one departed rather than a time of sadness. That seemed to work well until I, realized I wasn't really processing these events at all but merely putting them off until a later time. I found that being clear headed and dealing with things as they happen works better for me. But even with that, the pain and sense of loss is still there. I guess it's sort of a "rite of passage" that as we get older more and more of our friends and relatives leave us. I hear elderly people sometimes say they enjoy their "golden ages" but they often find they have outlived all of the friends, spouses, and relatives they had. It seems as if in recent years another wave of loss is hitting. When my friend Charlie Foster passed away suddenly, I couldn't believe it. He can't be gone, I just saw him yesterday. As if that makes any difference. There have been several more in the last couple of years too outside of APPA. The loss of friends here has taken a toll as well. I realize we're not the youngest or healthiest group out there but the loss of members gets me thinking. The work Marie Latta did for [APPA NEWS](#) and the inspiration she provides me helps a lot. The recent loss of Roberto Moraes reminded of something I need to keep close. Maybe it goes

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back to that Italian funeral years ago but I like to celebrate and admire a life well lived, rather than be saddened by the loss.

I've become a grandpa for the first time. This is at the same time our APPA Treasurer Shannon Morgan is becoming a grandma again. Coincidentally, the babies names are almost the same, Madelyn and Madeline. They say having a grandchild changes you which I disagreed with at first, but now I realize is very true. You begin to see things differently. My thoughts include what kind of world have we created for them? In the hospital they both wore "house arrest" type of anklets to prevent them from being abducted out of the maternity ward. They even required Shannon to sign in and show a photo id. (There has got to be a couple of good jokes in there.) On the other side of things, the prenatal and neonatal care is better than ever, we've come a long way there. The more mature side of me is beginning to see the patterns of life. The ebb and flow of it all. I need to be mindful of the fact that there are people like Charlie, Marie, and Roberto working to make the world a better place and by them being here we are doing the best we can for Madelyn and Madeline. Maybe it takes a lifetime of experiences to really begin to see how it all fits together, the cycle of life. As one life is ending another is just beginning and so it goes just as it always has. Now I have new motivation and inspiration to work on making a difference. So farewell Charlie, Marie, Roberto, and others, thanks for lives well lived, and welcome Madelyn and Madeline, our hope for the future.

Joe Drogan - **APPA President**

From the Editor

A little of this an' a little of that. World news on Polio Eradication, a memoriam to a special member, and APPA joins the world of social media. I do hope this social media thing, Facebook, doesn't turn into yeoman's duty for the person keeping it up to date because, at least for now, that's me. There is information on enough different fronts that there should be something for everybody, from new medical treatments like Dry Needle, to the very latest in power chair technology. For the frugally inclined, the always popular Discounts page is here as well as an article about a great free piece of software to help you handle your email accounts. We've even got information on how to use the Atlanta, GA, public transit system to get around wheelchair/powerchair and all! For anybody that missed the "Secrets of Ageing With Post-Polio" meeting, a much requested summary article by our Secretary Barbara Mayer is included. Lastly a photo in the Miscellany section that just made me go "What, really?" when I first saw it just to give you something to smile about.

Joe Drogan

Continued from page 1

India, once deemed the most difficult place to end polio, recorded its last case on 13 January 2011, enabling completion of regional certification. Other countries such as Sri Lanka, Maldives and Bhutan have been polio-free and waiting for this day for more than 15 years.

Ending polio in these countries forged strong systems that are now being used to advance other health priorities. In Bangladesh, immunization coverage for essential vaccines (diphtheria-tetanus-pertussis) rose from 82% to 96% between 2000 and 2012, in a period of intense polio eradication activity; in Nepal, the rate went from 74% to 90%. Some countries have expanded their high-performing polio surveillance networks to track other vaccine-preventable diseases such as measles, neonatal tetanus and Japanese encephalitis.

South-East Asia's remarkable achievement in ending polio was made possible by unprecedented commitment from governments to hold high-quality vaccination campaigns that reached a cumulative total of 7.5 billion children over 17 years, in every home from the busiest city street to the remotest rural corner, with the dedication of millions of community health workers and volunteers. Between 1995 and 2012, the polio programme conducted 189 nationwide campaigns across the region and administered more than 13 billion doses of oral polio vaccine.

The region's accomplishment marks a vital step toward the GPEI's goal of delivering a polio-free world by 2018. Innovative approaches and new partners are driving global progress against a multi-year plan to stop transmission, improve immunization rates and make a lasting impact on child mortality. However, this progress is at risk unless polio is ended in the three countries where it has never been stopped: Afghanistan, Pakistan and Nigeria. Recent outbreaks in the Middle East and the Horn of Africa are stark reminders that polio anywhere is a threat everywhere. Until polio is stopped in the remaining three endemic areas, all countries need to maintain sensitive surveillance and high immunization rates to rapidly detect any importation of poliovirus and minimize its impact.

Now that 80% of the world's population lives in regions certified polio-free – the WHO Regions of the Western Pacific, South-East Asia, Europe, and the Americas – the goal of eradication is closer than ever.

Article used with permission of The World Health Organization (WHO)
Original URL <http://www.polioeradication.org/>

Editors note: **APPA NEWS** would like to thank the World Health Organization (WHO) for the use of this article. Their cooperation is sincerely appreciated.

**APPA wishes to thank the following
for their donations.**

**Joe Drogan
Robert Urie**

Thank You!!!!!!

In Memoriam

Roberto Moraes

The information provided herein represents what the authors believe they heard during presentations at **APPA**. The authors are neither legally or medically trained and for these reasons may not have recorded an accurate accounting or understanding of the important details discussed. Neither they nor **APPA** assume any responsibility for the accuracy of the information provided. It is, therefore, highly recommended that all and any information provided be confirmed with an appropriate lawyer or physician before applying any of these legal instruments or medical treatments on your own. It is hoped that this summary serves to apprise the reader of available means to help them be prepared for the future.

Statement of Policy

APPA and **APPA NEWS** do not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

Roberto Moraes, 1941-2014, !Presente!

(APN) ATLANTA -- Roberto Moraes, a well-known progressive activist throughout the Metro Atlanta area, who championed causes of peace and justice, died Monday, February 24, 2014, in his native Sao Paulo, Brazil. He was 72.



Moraes suffered a stroke on February 13 while visiting his children in Brazil. He died eleven days later due to complications from the stroke.

"He received excellent care at a public hospital here in Sao Paulo," Roberto's daughter, Christina Moraes, said. "He would have wanted everyone to know that a public health system really can work!"

Moraes's body was cremated per his wishes. His family plans to plant a tree with his ashes at their farm in Brazil.

Respected Activist and Leader

Moraes split his time between Atlanta and Brazil, but he made every minute count when he was here in town.

Moraes was involved in countless organizations in Metro Atlanta, including the Georgia Immigrants and Refugee Rights Coalition, Georgians for Alternatives for the Death Penalty, Georgia Women's Action for New Directions, Stand for Peace, Atlanta Freethought Society, Feminist Women's Health Center, local chapters of the Democratic Party, and other progressive groups over many years. Moraes was also a reader and ongoing community sustainer of Atlanta Progressive News for many years.

"Roberto was always true to his heart, true to his beliefs, even when it wasn't easy to take a stand," Janelle Yamarick of Feminist Women's Health Center told APN.

Moraes was not just involved; he was a leader. From the several trips he took to Savannah, Georgia, to canvas during the campaign to halt the execution of Troy Davis in Georgia, to his steadfast attendance at the Stand for Peace Vigil in Atlanta's Midtown neighborhood each Friday, Moraes was an example of true dedication.

It is no wonder that his social and political circle was expansive. His Facebook wall currently contains pages and pages of condolences expressed by progressives in Atlanta. Known for his warm eyes, bright smile, dedication, and strong knowledge of the many progressive campaigns he worked on, Moraes naturally made newcomers feel at ease and helped bring new activists into the movement.

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“Roberto Moraes played an important role in my first several months as the new director of Georgia WAND (Women’s Action for New Directions). He was persistent in his vision for Georgia WAND to begin a monthly sustainer program; and with this ever-present smile, became our first Sustaining member. As a servant for justice, Roberto was generous, dedicated, smart, humble and fun-loving. I will always be grateful that he supported me as a leader and a friend,” Becky Rafter, Executive Director of Georgia WAND, told APN.

“Roberto was a beautiful spirit who will be missed in Atlanta and Georgia. When I was just entering movement work in Atlanta, he was one of the people who made me comfortable, welcomed me, inspired me,” Xochitl Bervera, who worked on immigrants’ rights campaigns with Moraes, told APN.

It is “hard to think we will not see him on the corner again. But then again, he will be there,” Rev. Joyce Myers-Brown, a fellow peace activist, said.

A bicultural life

Moraes was born in Santa Cruz do Rio Pardo, a municipality in Sao Paulo, Brazil, on September 20, 1941.

At fifteen months, he contracted polio and would later move to Warm Springs, Georgia, for treatment before returning to Brazil to attend high school .

Moraes moved to the U.S. at age 24. He married Judith Lincoln on December 31, 1969 and they raised three daughters: Vicki, Christina (Chris), and Lia.

He graduated from University of North Carolina, Chapel Hill in 1976 with a degree in Political Science, and would go on to work twelve years at the U.S. Department of Housing and Urban Development in Atlanta .

In 1990, the Moraes family moved to southern Brazil to manage the family farm after his father passed away. Roberto, who loved the U.S., moved back to Smyrna, Georgia, permanently in 1995.

Twice a year, Moraes visited Brazil, where he spent time with his many friends and family members and where he was an avid fan of Brazilian soccer, especially the national team and Sao Paulo Futebol Clube.

“He will be remembered for his honesty, generosity, and environmental consciousness. He tried to live his life with as little impact on the environment as possible, but left a big impact on all who knew and loved him,” Chris Moraes said.

Moraes is survived by his wife, Judy, their three daughters: Vicki, Christina and Lia and three grandchildren.

Written By: [COURTNEY HANSON](#)

2-28-2014

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APPA Is On Facebook

Atlanta Post-Polio Association

You are posting, commenting, and liking as **Atlanta Post-Polio Association** — Change to Joe Drohan

Admin Panel Edit Page Build Audience Help Show

Atlanta Post-Polio Association

11 likes · 6 talking about this

Non-Profit Organization
Support for individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters and advocacy.

About

Photos Likes



Find us on
Facebook



[APPA Facebook Page](#)

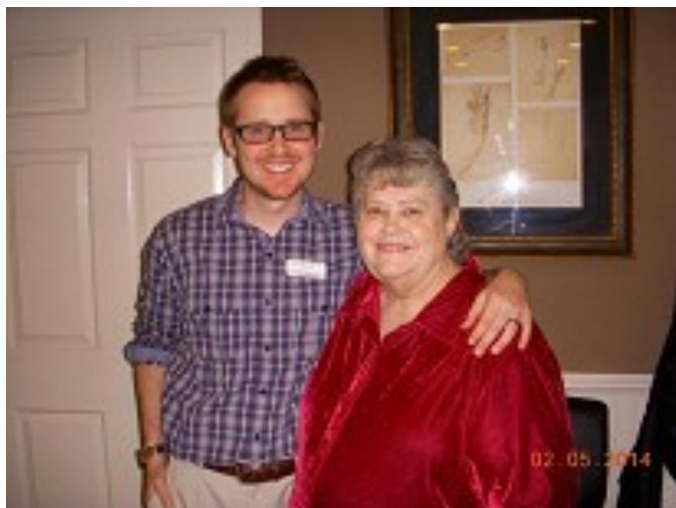
Editors Note: I know nothing about Facebook but people keep saying we should have a presence there because new people might find out about us there. I heard that some people were talking about APPA NEWS there and thought what the heck, I'll see how difficult it is to put up a page. Turns out it's not that hard! So here we are, hope you "like" it. 😊

Dry Needling

By Vicki Crowell

I have been going to BenchMark Physical Therapy in Fayetteville, GA for about a month with my shoulders.

I have a rotator cuff problem but not sure if it is torn or not at this point. It has been quite painful and it pops a lot and that is very painful at the time.



Ben Linz is my therapist and he has really helped me out a lot. I am in a lot less pain and have a lot more movement than when I started. He has me do some exercises and he also does some deep tissue massage.

I am truly amazed at how much this has

Dry Needling



Less Pain, Increased Relaxation

Dry needling, often called 'trigger point dry needling' or 'intramuscular stimulation,' is a manual therapy technique using small, fine needles that are inserted into dysfunctional tissues. Dry needling targets the trigger points — the direct and palpable source of patient pain.

The goals of the treatment are to promote healing and improve blood flow. Benefits include:

- Decreased muscle pain and soreness
- Reduced muscle tension
- Normalized biochemical and electrical dysfunction of motor endplates
- Increased flexibility
- Decreased pain for chronic conditions

BenchMark
PHYSICAL THERAPY



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helped me and I would recommend it to any of you. I know the needling sounds painful and at times it does hurt a little but the results are worth every bit of it. Ben has been so good to me and answered a lot of questions that I would never know to ask.

The therapists make you very relaxed, make you feel at home, and make it an enjoyable experience. They even make the pain fun.

BenchMark has several locations so you can check them out online.

To learn more about it, you can go to:

benchmark.com/dry-needling

BenchMark.com



Our Treatment

Physical therapists performing dry needling have advanced education in using dry needling in the treatment of –

- Acute and chronic tendonitis
- Headaches and whiplash
- Lower back pain
- Athletic and sports-related injuries
- Post-traumatic injuries
- Other chronic pain conditions

Visit benchmarkpt.com/dry-needling to learn more about this effective treatment for pain relief and find a clinic near you offering dry needling.



Dry Needling is not acupuncture or a form of acupuncture.

We're committed to inspiring and empowering people to reach their full potential through high-quality, evidence-based health care with a passion for excellence. This commitment is just one reason why we get BETTER RESULTS.

Editors note:

I checked with them and they do accept Medicare/Medicaid.

Successful Ways to Age with Post-Polio

APPA Meeting April 5, 2014

By Barbara Mayer

- Need to know your physical limits and remember your limits can change rapidly without “notice.”
- Think of your “Energy for the Day” as equal to a glass of water. When the water (energy) is gone, there is no more. Plan at the beginning of the day how you are going to spend your energy.
- Do activities in moderation to help “budget” your energy.
- Work smarter instead of harder.
- See “Energy Conservation Techniques” from Sheltering Arms.
- Alternate activities with rest periods.
- Use a timer to help you remember to limit the length of your activity and to rest after doing an activity.
- Plan major activities in the beginning of the day when most people usually have a higher energy level.
- Stand instead of walk, sit instead of standing, and lie instead of sitting (per Dr. Strasser).



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- Learn to say “No.”
- Accept help.
- Choose your battles.
- Bring garage tools in the house to help you – clamps, wrenches, etc.
- Exercising and stretching are important but do not overdo!
 - ✓ If exercising a weakened muscle, do fewer repetitions than you would do with a normal strength muscle.
 - ✓ Do **NOT** exercise until your muscle hurts. Weakened muscles take longer to recover. Stop exercising **BEFORE** you have pain.
 - ✓ Incorporate “No Excuses Stretching Program” (**APPA NEWS** Fall/Winter 2013/2014) into your routine.
 - ✓ Consider yoga or swimming.
- For sore muscles or cold extremities, use heat such as heat wraps or electric blankets. (Be careful not to apply anything too hot that may cause a burn.)
- Do **NOT** smoke or use tobacco products.
- Eat healthy.
- Stay informed!
 - ✓ Join Polio Health International, www.post-polio.org to receive their quarterly newsletters.
 - ✓ Attend **APPA** Meetings!
 - ✓ Read **APPA NEWS**!





Di\$count\$



APPA NEWS knows times are still tough!

We are pleased to present you with the new and updated **Discount List!**
In this issue we have **Grocery Discounts** for you.

GROCERY :

Albertson's: 10% off first Wednesday of each month (55 +)

American Discount Stores: 10% off every Monday (50 +)

Compare Foods Supermarket: 10% off every Wednesday (60+)

DeCicco Family Markets: 5% off every Wednesday (60+)

Food Lion: 6% off every Monday (60+)

Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55 +)

Great Valu Food Store: 5% off every Tuesday (60+)

Gristedes Supermarket: 10% off every Tuesday (60+)

Harris Teeter: 5% off every Tuesday (60+)

Hy-Vee: 5% off one day a week (date varies by location)

Kroger: 5% off (55+) (date varies by location)

Morton Williams Supermarket: 5% off every Tuesday (60+)

The Plant Shed: 10% off every Tuesday (50 +)

Rogers Marketplace: 5% off every Thursday (60+)

Uncle Guiseppe's Marketplace: 15% off (62+)

These discounts have not been verified. They vary by location and you should always check with your local retailer to see if they apply. APPA is not responsible for any inaccurate information contained herein.

Editor's note:

Many thanks to Cathy McIntire for sending me this new list, allowing the Discount List feature to continue. Much appreciated because it is an informative feature in APPA NEWS that doesn't require a whole lot of actual work on my part! 😊

WHILL type-A

Design your own road

Cutting edge technology

Team WHILL has created a unique technology for the wheel. Our all-around wheel technology works well on different types of grounds. It also enables small turning radius, achieving excellence in both mobility and maneuverability. WHILL Type-A can rotate on the spot and the wheels are big enough to avoid getting stuck in cracks and it can clear bumps and curbs up to 3 inches (7.5 cm) high.



Powerful terrain coverage

WHILL Type-A is a four-wheel-drive vehicle and the radius of the front all-around wheels is 9.8 inches (25 cm). Its high power torque can handle grass, dirt, gravel and snowy grounds.

Minimal

WHILL Type-A houses powerful features and functions within a small space. With minimalism as our highest priority in design, WHILL Type-A is very narrow and small measuring only 23.6 inches wide and 32.5 inches long.

*Consider this – Standard doorways in new homes are typically 32 – 36 inches wide. Both the ADA requirements and the Specially Adapted Housing Minimum Property Requirements specify a minimum hallway width of 48 inches with a minimum doorway width of 36 inches to allow full wheelchair accessibility.

Mouse controller system

Think of it as your PC mouse. You can maneuver it with one hand. It is very intuitive

Continued on next page

and very accurate. Controller can be placed on either the right arm or the left arm so both of the right-handed person and the left-handed person can use with ease. The speed controller (to change among a high speed mode (6mph) / mid speed mode (4mph) and low speed mode (1mph)) is placed on the opposite side arm. Also we offer another shape of the controller which is similar to an ordinary joystick.

Easy transfer

By folding away the front arms and sliding the seat forward, you can smoothly get on and off WHILL Type-A.

You can choose your own back support

WHILL Type-A is compatible with various types of VARILITE™ seating. You can choose your favorite one. VARILITE™ is one of the best known company for quality seatings and back supports in the US.



WHILL type-A

Buy WHILL Type-A for \$9,500

[Request a test drive](#)



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Specifications

Model

WHILL Type-A

Max Speed

6 MPH

Range

12 Miles (in Normal Conditions)

Incline Capability

10°

Obstacle Capability

3" (7.5cm)

Crack Capability

3" (7.5cm)

Turning Radius

[28"] TBD

Dimension

Length [32.4"] x Width 23.6" x

Height [33"-35"] TBD

Seat to Floor Height

[20.4"-22"] TBD

Ground Clearance

3.5" (8.9cm) (Default)

Front Wheels

Special All-Around Front Wheel

Diameter: 9.8" (24.9cm)

Rear Wheels

12.5" (31.7cm)

Back Support Angle

0°, 5°, 10°

(manual engineering adjustment)

Foot Rest Angle

0°, 3°, 5°

(manual engineering adjustment)

Front Arm Length

[] - ["]

Drive System

4 Wheel Drive

Braking System

Electromagnetic Brake

Seating

VARILITE Air-Foam Floatation:

16"(40.6cm) x 16" (40.6cm)

Back Support

VARILITE Icon Back System:

16" (40.6cm) width

Default Controller

Mouse Controlling System

(Single Hand Controller; Either Right Hand or Left

Hand)

Speed Controller 3 Levels

(High / Mid / Low

Speed)

Electric Seat Sliding

Sliding Forward and Back

(Electric)

by 5.9" (15cm)

Motor

24V x 2

Battery Requirements

12V 50Ah x 2

Default Battery

Charger

Off-Board Charger

Charging Time

with Default Battery

5 hrs

Tail Lamps

LED Lights

Device Weight

200 lb (140 lb without the Battery)

Weight Capacity

220 lb

Storage

Hanger on Back Support

[6" x 3" x 2"] in the Front

below Seating

Accessories

Headlights, Cup Holder,

Smartphone Holder,

Bag-Friendly Small

Charger,

Editors note: It's hard to make a specifications page compelling reading. I did, however, get a chuckle out of trying to figure out what the "Crack Capability" is. 😊

marta MObility

MARTA provides ADA Complementary Paratransit Service to eligible persons with disabilities who are unable to board, ride or disembark from an accessible vehicle in MARTA's regular bus or rail services. Service is provided with special lift-equipped vans on a curb-to-curb, shared ride basis. Certified individuals having a MARTA ADA Photo Identification Card may call the MARTA Mobility Reservation Office at (404) 848-5000 Monday through Saturday from 8:30 a.m. to 5:00 p.m.

MARTA Mobility is an advanced reservation service. Same day requests cannot be accommodated. The service is offered on the same days and hours as the regular bus and rail service. Service is restricted to the ADA designated service area within Fulton and DeKalb Counties along a 3/4 of a mile corridor located on each side of all fixed bus routes and in 3/4 of a mile radius of each station. Generally, service hours are from 5:00 AM to 12:30 AM, seven days a week including holidays. However, when a fixed route in a particular area operates on a more limited basis, MARTA Mobility will operate comparable days and hours. The one-way fare is \$4.00 per person. Eligible individuals requiring a Personal Care Attendant that has been authorized by a medical professional may travel with the disabled patron free.

Visitors that have been certified by another transit system in another city are authorized to use MARTA Mobility and are subject to MARTA's operating requirements. Visitors are asked to call MARTA at (404) 848-5000 follow the prompts to reach an agent.

Individuals having mobility limitations may be eligible for MARTA Mobility on a temporary or permanent basis. Call MARTA's Eligibility and Certification staff at (404) 848-5000 for information about the service or to request an ADA Eligibility Application. For MARTA Mobility specific Customer Service inquiries, please call (404) 848-5000 or 711 (Georgia Relay for Hearing Impaired).

MARTA's Customer Service Center can be reached at (404) 848-5000 or TTY (404) 848-5665.

MARTA's Reduced Fare Cards are not accepted on MARTA Mobility. Customers must possess an ADA Photo Identification Card to qualify for service.

itsmarta.com/accessibility

Upcoming Events



11th International Conference

MAY 31–JUNE 3, 2014

**Promoting
Healthy
Ideas** 
PHI's 11th International Conference

Program for Promoting
Healthy Ideas: PHI's 11th
International Conference

Registering for Promoting
Healthy Ideas: PHI's 11th
International Conference

Reserving a Hotel Room

Preliminary Information

FUNDRAISING

APPA is seeking someone to head up the fundraising effort for our organization. If you are interested please contact us at:

Atlanta Post-Polio Association, Inc.

P.O. Box 245

Cumming, Georgia 30028

(404) 350-7631

Or

Let any board member know.

Or

Let us know at any APPA meeting.

Editors note:

You could also just bring us a really big check and you'd get the job. 😊

Miscellany



Photo By:
Joe Drogan

I've lived here in the south over half of my life now, but I'm still impressed by the quaint southern charm of North Georgia.

Living at Lake Lanier I realize that fishing is more than a hobby, it's more like a way of life for some, so is barbeque. It just never would have occurred to me to combine the two in quite this way.

I guess it's better than "Joe's Bait & Sushi"



Like to participate in a research study?

Research Participants Needed!

Georgia Tech is studying mobility challenges in the home



Georgia Tech Research Institute

404.407.7948

You are eligible to participate if you:

- Are 50 - 89 years old
- Are a part-time or full-time wheelchair user
- Began using a wheelchair before age 50

The study will take place in your home.
Participants will be compensated for their time.

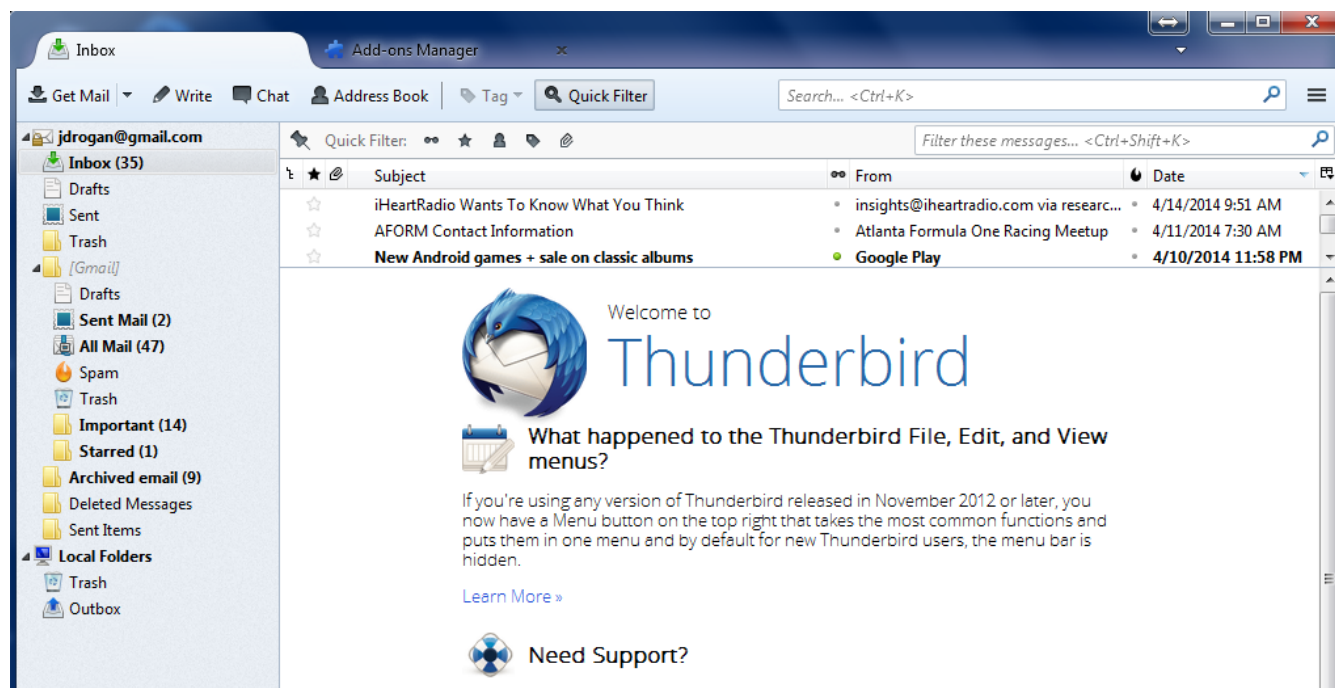
If you are interested call 404.407.7948
or email renita.folds@gtri.gatech.edu

Editors note: This study begins around mid-May so if you are interested you will need to act soon. I just heard about this as we were getting ready to go to press but think it'll get to you in time. It would be nice if some of us did participate so we could put an article about the experience in the next APPA NEWS. Making a few dollars on it is a bonus as well.

Tech Bits & Bytes

By Joe Drogan

Everybody loves free stuff. Free stuff that works well and is useful is even better. In this issue I'll tell you about a good free alternative to the Microsoft Office Outlook email application. This is great for those dealing with Outlook Express, Windows Mail, Yahoo Mail, Gmail, and the like. Those are ok email processors but many people have trouble navigating around in them and miss the features available in Microsoft Outlook. Let me introduce Mozilla Thunderbird. Brought to you by the same folks that created the popular Firefox Browser.



It looks a lot like Outlook and operates pretty much the same way too. It's easy to create folders for keeping your mail organized. It has what's called cross platform support which is a "fancy schmancy" way of saying it runs on Windows, Mac, and Linux machines. This is a nice feature if you switch between systems because your email processor will look and work the same way whichever computer you're on. One sticking point for people switching to a new computer or a new email processing application is their contacts or address book. Nobody wants to key all of that stuff into a new system, especially someone like me who is, let's call it, "keyboard challenged". Hey we just coined a new phrase right here at Tech Bits & Bytes (TB&B!) Maybe it will catch on. We should copyright it. Anyway I got diverted for a second there...sorry...it happens. As I was sayin', contacts are easy. There is an add-on extension, also free, that allows you to sync your Gmail/Google contacts automatically or you can import your Outlook contacts too. Like Outlook you can have multiple email addresses all in one place. I can include my ISP email, multiple Gmail accounts even my Yahoo "catch all" account right there in Thunderbird. One neat thing about a separate email processor is you can also set it up just to handle your miscellaneous, or "catch all" email account. I have several email

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addresses for different purposes. My Yahoo account is a “throw away” type of account. It seems like these days everybody wants your email address. For crying out loud do you really need my email address because I ordered a cup of coffee at the drive thru? I’m using Thunderbird to process my Yahoo mail. When I order something on-line they need an email address to confirm the order, shipping confirmation etc. I give them my Yahoo address. I check it then and after that the item arrives it all can be deleted without worrying about deleting email I care about. I have another completely trash account I use when I totally don’t care about ever checking it. About once a year I simply clear it.

So with all that being said, how do you get Thunderbird? It’s incredibly easy! I suggest you download it from the official Mozilla website. It’s always a good idea to get your software directly from the original source to prevent viruses, malware and all kinds of bad stuff. Sooooo you would go to this site:

<http://www.mozilla.org/en-US/thunderbird/>

Click the download button, when it’s done double click the Setup file and install and you are on your way! Enjoy.

From the TB&B News Desk

This is pretty cool. Microsoft has released versions of Microsoft Office that run on Apple Devices, Macintosh, iPad, and iPhone. They have also released a free version that runs on Android devices. They are not the full Office suite but do include Word, Excel and PowerPoint. One complaint has been the inability of even viewing an Office document someone sends you on your non-Windows devices. We will be talking about all this in a later edition of TB&B but just thought you should be aware of this.

Also, we don’t really have a TB&B news desk. I just thought it sounded neat. Actually, I’m writing this from a lanai in Florida and not even using a desk. 😊

From the “Whaddya Think” Department

It’s been suggested that we have a Q&A section in TB&B each issue. I’d be more than happy to include that in each issue if you think it’s a good idea. Please let me know. You can always submit questions to our email appaemail@gmail.com the mailing address (see back page) or just see me at one of the meetings.

We also don’t have a “Whaddaya Think” Department but, well, you know....

Until next time - **Happy Computing!!!** 

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- ☐ Planning a conference ☐ Assist with social events

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APPA 2014 CALENDAR

May 3	Jeff Teague, C.H. Martin Orthotics
June 7	Dr. Angela Beninga, Shepherd Outpatient Polio Clinic
July	Sumer Break - No Meeting
Aug 2	Ben Linz, P.T., Benchmark Physical Therapy
Sept, Oct, & Nov	TBA
December	Annual Christmas Party



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